

POLARITY: COMPLEMENTARY NATURAL POLARITY VERSUS OPPOSING MAN-MADE POLARITY.

You have spoken about the necessity to cease looking at things as good and bad, but what is polarity then? Can we speak about positive and negative in a neutral way, like we do when we speak about electricity? How does growth come about in the basic polarity which exists whenever two people communicate?

LET ME START with your last question: How does growth come about within a communication between people? It would seem to me, that you certainly can have some movement by a person expressing what he is feeling. He may express something, which he deeply feels, which therefore he may experience as positive. But he may express it in an emotional way, and the emotional part of the expression may hurt another person.

Now, we can look at this from both sides: If we express something which we deeply feel, then perhaps this could be expressed in a way which would not create hurt or offense. On the other hand: a person who feels hurt from what someone else says in contradiction to him, must look at his own responsibility. I mean, if we feel hurt because someone disagrees with us or says something which we don't like, then we must look at whether there is an attraction within us to create what has been said. And if it so, if there is such an attraction within us, then we have to consider whether we are being used as a means of vocalising for a person who at that moment has no other means to grow except through using something external to vocalise his emotions or feelings. So if you are in this situation of someone criticising you or saying something that you don't like, I think you must be prepared to accept that this is a way in which growth may be established in a movement of communication. If this can be looked on as a means of growing, the feeling of being hurt or adversely affected can be changed. So, when we look at negative and positive, I think it is extremely difficult to determine what we shall call 'negative' and what we shall call 'positive', because we can have a switch of activity, just like we see it between nerves and muscles in the body. Such a switch of activity can be necessary to create a movement, and I think placing labels of 'positive' and 'negative' on it does not allow us to get beneath the surface of the situation.

As different from this I would consider contexts where people consciously set out to create conditions to produce response which they label as 'negative'. This you can find, for example, in some encounter groups. I would place a large question mark there, as to what this really is, how

effective it is and if it is not often just producing an emotional reaction related to the situation. I ask myself whether through this, the person involved is not entrapped in his own emotions, sometimes maybe into different or even deeper layers of them. So that people are not really helped into a state of growth, but are rather reacting to a situation in which there is quite a lot of manipulation. This is not allowing progress of release to take place, it is a polarisation of activity between people, which is not necessarily constructive.

Is this an example of what you call false polarity?

YES, YOU CAN call it a false or opposing man-made polarity, contrary to a complementary natural polarity from which creativity and growth can develop. But maybe I should give another example of what I mean with false polarity: The other day I was watching the Pope on television on one of his visits to a foreign country. He was standing there in front of thousands of people, talking about love and about morality. He was talking about the true state of being in contact with Christ, which was true love, and if you have true love then you should not do certain things outside of marriage; you should preserve family life.

Those are very fine words, but really, when you come down to earth, the problems of life are not handled at all. Very fine words are being used, but they are not giving people the means to appreciate their own lives, their own feelings, and so people are not being helped to find a constructive way towards growth. The Pope, being looked upon as infallible, is using his authority. The image of the Church is imprinted on all those people to pacify them, and maybe it will work for a while. But when the memory of his visit has vanished, then people have got to find other solutions.

I am saying this, not as a condemnation of the Catholic Church as such, I am saying it as a condemnation of authority. It seems to me, that the Pope has no concept of individuality. He has only a concept of mass authority. So when we come down to the basic facts, then there are a lot of things which are not functioning behind the words, and where these words may even create or enforce a split in peoples' lives.

False polarity again?

YES, MAN-MADE manipulation to create polarities, which are quite unreal in themselves. In my opinion problems like these need to be tackled in the world. I do not see how this can be done within institutionalised religious contexts, because they are very polarised in themselves. And even this is often covered up. So, in connection with this visit from the Pope, which I watched on TV, they had two persons talking together, a Catholic and a Protestant. It was so clear that their views were poles apart, and one asks oneself: well, why can't they just accept that they have differences and leave it at that, instead of all this talk about unification and coming together? It is just covering up reality and what is needed.

Of course within religion you can find people who have faith, who have, through their particular religion, been able to find something of an essence. But such people are not drawn into the conflicts.

The conflicts which we have talked about so easily become a sidetrack to the real issues. The real issues are connected with human beings, should be connected with human beings and their relationship to life. The real issues are connected to peoples' means to grow, to accept their own responsibility, to see their own connection to God and their own connection to expressing in life.

I am sure that if we did not have this pressure, be it from religion, be it from medicine, people could more easily find a means of growing, where individuals could accept other individuals and find the true level of feelings in themselves. And in saying that I'm not denying that in Christianity some people can find a genuine relationship to Christ and a genuine expression towards others. But what I have found is that such people are not interested in condemning others. They are prepared to accept other peoples' views.

Coming back to positive and negative, it is very difficult to define what is positive and what is negative in life structures, if we use these terms as an evaluation. But if we look at it in a different way, then we can say that we need positive and negative. If we look at it as a description of what is complementary in relation to polarity, in a relation to the creation of life, then we are in quite another area. If we look at the essence of life, everything is working through polarity in the sense of the underlying structure containing the flow of energy which is necessary to maintain growth. In human life, as in animal and plant life, the structure of growth is what we find related to sexuality, the means of continuing life through conception. In my opinion it is very important to try to appreciate the growth which is related to bringing new life into being. Of course, bringing new life into being is meant to be experienced as joy.

How does male/female polarity actually work, as a background for creation, for growth between people and for growth within people?

WE CAN FIND that the movement of energy in the negative structure, - and I am using this term 'negative' now analogous to how it is used in electricity, where we have the movement of energy back to the source through the negative pole – can clearly be seen as the movement in the female. And I repeat: I am using the word negative here, not as a description of something of lesser worth, but as a description of a structure necessary for allowing the positive, the male structure, to be expressed. In courses when I use electricity as an example, I try to have people understand that the negative cable is not connected to the switch, it is going right to the source, it is for the return of energy which is not used. Whereas the positive cable is only functioning and light is only coming on, when the switch is turned on.

In this sense there is a direct analogy to sexuality between human beings, where you find that in his sexuality the male has a buildup related to ejaculation, which then occurs at a specific point of

time. The female has a much longer buildup towards orgasm and much longer time afterwards to appreciate or to feel for the connection which has been made. For the male it is like turning on the switch. The light may only be on for a minute, and when you turn the switch off, it goes out.

These structures show themselves in so many ways connected to life. When we look at the negative and positive structures in life – again taking this out of the ‘no-good’ and ‘good’ sense – we have the chance to learn something important: The negative structure forms the necessary connection to depth or to life-force or God-force – whichever term you wish to use – and is established through the female. In connecting to the female, the male structure is bringing in the aspects of creating or expressing. You really cannot look at this combination as ‘good’ or ‘bad’, but you can look at it as a complementary situation, which is needed in all sort of areas. I mean, you are not going to say that an electric installation is ‘negative’ in the sense of being worthless or of no use, if you do not use the switch to turn on the light. The installation is still there, it still can be used.

We are talking about things here, where we use energy as the common denominator. But energy – as it seems to me – is becoming an escape word for many things, which people cannot explain otherwise. I think we have got to start to reach a depth of appreciating what life is. We can use what we see around people to try to understand this, where, if we look at energy or what we are calling energy around people, we can learn a tremendous lot from it. But one big problem up to the present is – as to my feeling – that people are too involved with their own ego, too involved in wanting to create sensational things, using words which are often meaning nothing. So it is necessary to understand what we are talking about when we talk about energy in connection with development, what it consists of, how we get into it as a reality, and what we do with it if we get into it, what its purpose is. Many people want something for themselves and are not really concerned with the sharing aspect. They may talk a lot about sharing, and many do that nowadays, but the question is: How many people really do wish to share, how many wish to connect to create an atmosphere from which they can experience and learn about energy, which really means learning about themselves. You know, people always want to go outside to look at another person or to see or try to understand another person. They do not want to come back to understand themselves. I believe this is where many problems lie. The Pope was saying on TV when I watched him: People cannot escape. And here I fully agree with him. People cannot escape from themselves. They try to do it in all sorts of ways, but they will never succeed.

Can you give more examples of the difference between man-made and natural polarity?

WELL, LET US look at competition, which we can find in many different situations with human beings. In business, for example, one firm is producing something, and another firm is producing a similar type of thing, thus going into competition. This you can look on at the surface and say: It is good, because it is going to help the consumers; they are going to get things cheaper that way. But this is not true. Just as we have competition about what is being made, so we have

competition about prices. One firm will keep prices down, as long as it has to, and the other firm will follow, but as soon as the first raises its price, the other firm does the same.

Or you can look at what is happening between nations. You see at the moment big steps being taken around disarmament, a movement, so it seems to me, initiated to a large extent by a specific person [Gorbachov]. But it is important to understand what makes such changes difficult. In most people you find so much fear of other people, in the nations so much fear of other nations, that it is very difficult for a nation to sign an agreement which allows another nation to become equal. Such items raise a lot of fear, which is in itself a sign of mankind being caught in false polarity structures, which will never make sense.

Or I could go back to religion as an example. In Christianity you find the polarity between Catholics and Protestants, which we talked about already. But then from both churches missionaries are sent out to all kinds of countries wanting to 'save' people into their way of thinking. I believe they are sincere enough in what they are trying to do, but this is not the point. They are sent out to provide medicine and food for all these people who are ill and starving, and they are doing this with the ulterior motive that they want these people to become like themselves, to believe as they do. To me this is a damaging factor. They are accepting the people because they want to convert them to their own way of thinking. To me this is false. There is a polarity created, which is not for the well-being of those people. Of course they want to help them, but basically the polarity which is created turns their activity into a manipulation, a domination. This has nothing to do with one group of people accepting the opinions of another group of people.

There are so many competitive aspects which have been steering humanity, and through which human beings have tried to make progress. Competition is in itself a destroyer of true polarity. Through competition we are destroying the very ground which we are based on, we are destroying the earth. The earth is being destroyed because of man's greed, because of his inability to see another person's point of view, because he is not willing to open himself and accept that another person can have another point of view.

In our efforts to understand what true polarity means we have got to turn to nature and try to understand its laws, we have got to try to understand the laws of life. If we read the Bible, it places quite some symbolism before us, which can be worth looking at. You find right in the beginning a strong symbolism of polarity. There was darkness and into it came light, and creation began. So you have two different poles, and those brought together can produce something new, based on the complementary situation. But if the two poles are kept apart, then they become destructive, because there is a void in between them. It is in this void that we have millions of human beings who are not willing to allow things to be brought together to produce a constructive way to grow. So we are not – talk as people may – we are not really living by what is depicted for us as a means of growing or evolving. We are living in the way in which we physically want things to go, and so we are not willing to accept the symbolism which gives us a means to understand what it is to have two opposites that are complementary.

To take another example, we can look at science. Science is actually working on opposing forces, trying to find the means to bring them together in order to produce something new. And one

would think: well, it seems like science has recognised what it is about, like science is really working with development. But then, you see, when it comes to the use of those things which have been achieved it seems to me that man again, in his thinking, is driven by fear. The consequence is that those achievements, which could bring us a greater understanding of the laws of life, are, because of man's fear, again used to create a polarity, which is keeping us apart. So we are in this sort of vicious circle, in which we are not really utilising the things which are important for growth and for well-being in life. We want life for the select few, maybe the select few who agree with the authority, whoever that may be. And this is really opposing polarity. It is opposing what polarity naturally stands for. So, instead of using, for example, north-south and east-west, we are just talking about using it, but in reality we are creating our own north-south and east-west, and so we are all manipulating or endeavoring to manipulate, and not conforming to what was there from the beginning, whatever the beginning was.

We talk a lot about circulation in energy, and you can see the earth circulate. The earth can only circulate because of polarity. But it seems to me, that in trying to create our own polarities, the circulations we are producing are very often opposing the polarity which naturally exists in the earth. And as a consequence we are producing lots of problems for ourselves, problems in the health of nature and in the health of man.

But how then do we find a healthy connection to polarity?

FIRST OF ALL, we have to accept that people should have the freedom to become individuals, without having the pressure of an authority who tells them what is right and what is wrong, what to do and what not to do. This takes away their own means of growing. Going back to the example with the Pope, it is as if in a spiritual way people are not able to think any further than the Pope says they can think. They are not able to have a sexual life, except in the way he says they can have it. Their family life has got to be dictated by what he represents as an authority. And of course, this comes about because people are treated as inferior, as if they themselves do not know the will of God. Only the authority knows the will of God. To me this is utter nonsense.

Until such things are corrected, you cannot find the true polarity within yourself. You can only find it if you at any point of time try to get an understanding of what you need. So what you have as a belief today may change tomorrow, but if you are sincere in what you believe today, then tomorrow can lead to progress. If you are held in the same structures year after year, there is no progress. You are just trapped in the same authoritative structure, which is a power play, a manipulative game with minds, allowing no opportunity for the mind to grow.

Actually, we have many symbols connected to these questions. Again, I will go back to the beginning of the Bible, which I think is important to try to understand, even though we may not have the means to understand fully what the Bible talks about, nor to know who wrote the words: "God said – let there be light!" We do not know who God is, and how it all came about. But we know that the word which is translated from Hebrew into English as 'said', means 'sound'. So it

says, that sound has got something to do with creation, as if from sound we have a true state of polarity: We have got darkness, which was there, and light was brought into it. Sound produced an effect in the darkness, and this allowed light to appear. Perhaps this is a description of the beginning of the world. Light came, but it required a sound. Perhaps whoever wrote all this is describing God as God. Maybe it was something like the big bang that took place – maybe that was the sound. It allowed light to come, and this is how we had the blend of polarity to produce life as we know life. But all the same, people are looking at darkness as something which they fear. And of course, darkness could be completely different from that, it could have nothing to do with fear at all.

When light penetrates darkness, colours are produced. And we can look at the colour spectrum, realising that it represents different intensities or different vibrations, we can say different formations, which have affected the earth. Some of these have been able to grow in some way and at some time, others in another way, at another time, and in all of this we are talking, I'm sure, about billions and billions of years.

Of course, we can only relate to all of this from our present situation. But if we could allow ourselves to open out, maybe this could symbolise what we are calling a beginning.

Looking at structures which are not physical means that we have got to disconnect ourselves from a physical way of measurement, and again we do not really understand this. Perhaps the superstring theory is going to give us the means to understand something more about it. When we look at a movement, which is not physical, then we cannot measure from A to B, as we do physically, so we have to find another way to measure. Maybe the measurement used by the ancient Egyptians from a centerpoint outwards is a measurement relating to non-physical structures. So when we talk about polarity as we do here, we may be dealing with a structure which is not represented by a measurement from the northpole to the southpole, but maybe by a measurement from the center of the earth outwards to each side.

When I watched the Philippine healers work, and I watched them as closely as I possibly could, it seemed to me, that they break the polarity of a person to open up the skin in order to allow their hands to get into the skin without using instruments. It seems to me, that they have found the secret – if it is a secret – of doing that. If it is done correctly, this certainly must make a change in the person it is done to. About the Hunas it is written that they were able to many things, among others controlling winds. I am sure they found some understanding of polarity through which they could make a difference to their surroundings. The same probably applies to a Yogi, who can sit with ice or snow around him and structure the whole movement within himself related to his polarity in such a way that he can melt the ice. I am sure these phenomena are related.

If we look at the human being and wish to learn more about it, I think we have to learn about the realities of the polarity structures within us. When we look at how the physical body is built, we find that it is built within polarity structures, for example, between the brain and the rest of the body, between the two hemispheres of the brain and between the nerves and the muscles, where within the impulse in the transmission between nerve and muscle we have a change of polarity within a thousandth of a second. I am sure polarity is the secret, if we call it a secret, of

understanding life. But maybe it is a good thing, that not so many people have found this secret yet. Because if we understood it, the question would be how to find the means of using it correctly.

Is this what the Bible is trying to show us with the story about the Garden of Eden and the Tree of Knowledge?

I THINK THERE are many things in the Bible which we can learn from, if we are prepared to look at them openly. Taking this symbolism with the Garden of Eden, we have two trees in the Garden of Eden: We have the Tree of Life and the Tree of Knowledge. It was the Tree of Knowledge that God said man should not touch*, and probably the reason was that he had no means of dealing with the knowledge he would get. And what happened? As soon as they ate of the apple, they went to find clothes for themselves, because they were naked. So obviously knowledge has got something to do with fear. I think this symbolism is saying to us that knowledge, which we are obtaining in a physical sense, is taking us in directions which we are not really able to deal with. And I think, this is becoming more and more apparent today. We always have this thing about knowledge, that if one person gets more knowledge than another person, it is producing fear, it is producing jealousy, it is producing something. Many people have taken knowledge as the ultimate, and in doing so we have a situation like the two firms in competition. It will always create competition. So until knowledge is not the ultimate goal, leaving space for life, and with life I include feelings, depth of awareness, I really cannot see that we are making progress.

But isn't it interesting that the Bible talks not only about the Tree of Knowledge as such, it talks about the Tree of Knowledge of Good and Evil? Is that perhaps what our life here on earth is about: to understand about good and evil?

THESE ARE YOUR ideas. All I know is, that when knowledge in the physical meaning of the word is taken as the ultimate, it brings us into classifying, classifying between 'right' and 'wrong', 'good' and 'bad'. So through knowledge we are classifying continuously, and we are so stuck with that. It is what I am trying to explain in courses with the symbol of the triangle: we are stuck at the bottom line of the triangle, where we look in one direction, calling this one good, and we look in the other, calling that one bad. Thus we are not reaching the neutral position at the upper point of the triangle, from which we do not look at things as good or bad, but we look at them as relative to growth.

* Genesis 2.9, 2.17

But let us come back to the symbolism of the Garden of Eden and look at the two people who were there, a male and a female. What they represent within the symbolism we can only conjecture about, because we do not know. They may be two people being in a completely different dimension, within a completely other type of polarity. And, if I am looking at this symbolism in my way, the serpent may represent emotions. How emotions ever came to penetrate this other dimension I do not know, but maybe it says: In everything you have the parallel structure, and it can get out of control. But the subtlety of this symbolism is that God said that they should not touch the tree. Of course if you say to someone: You cannot do this! – He will immediately start looking at why he cannot do it, and he will start thinking about doing it. So we have subtleties in this whole symbolism which are worthwhile looking at, and where we should consider what we are talking about related to the earth, and what has been brought into being as related to mankind. Whatever the serpent may represent we have its interference, which was the inducement to go against God. The serpent was saying: You can have as much knowledge as God, if you just eat that apple. This in my opinion is what we can observe with many people today. Many scientists seem to believe that if they can invent this or understand that, then they have all the knowledge which is needed. And this is wrong, I think. The creation of life, which is being attempted by scientists nowadays, is taking things out of the natural polarity rhythm in which they belong, and this is producing another, a man-made manipulative polarity, which is reinforcing the already existing imbalance. So here again we have knowledge being used in a way which is not allowing man to appreciate what life is about, where people are rather putting their energy into the polarity structure in a way that is defeating the means to appreciate feeling and depth of awareness.